**Fish Fillets with Tomatoes and Black Olives**

**Ingredients:**

* 1 tablespoon olive oil
* 1 small onion, chopped
* 10 Greek olives, pitted and chopped
* 2 plum tomatoes, chopped
* 2 tablespoons capers
* 2 garlic cloves, pushed through a press
* 1/2 cup dry red wine
* Pinch of dried hot red pepper flakes (optional)
* 4 tablespoons butter
* 2 pounds red snapper fillets

**Directions:**

Heat oil in a large skillet over medium heat until very hot. Add onion and olives. Cook, stirring occasionally, 3 minutes, or until onion is transparent. Add tomatoes, capers, garlic, wine, and red pepper flakes, if using. Bring to a boil; reduce heat, and simmer 5 minutes.Meanwhile, melt butter in another large skillet over medium heat. Cook snapper (in batches, if necessary) 2 minutes per side or until lightly browned. Transfer snapper fillets to tomato mixture in the skillet, cover, and cook over medium heat 3 to 4 minutes, just until fish is cooked through. Serve immediately.

**Nutritional Information  
Per Serving:**

Net Carbs: 3.5 grams

Fiber: 1.0 grams

Protein: 32.0 grams

Fat: 18.0 grams

Calories: 333

**Recipe Information:**

Makes: 4 servings

Prep Time: 0:09:00

Marinate Time: 0:00:00

Cook Time: 0:20:00

Cool Time: 0:00:00